

**ACHIEVEMENT PATCH PROGRAM**

# ARCHERY

North Carolina Hunter Safety Workbook

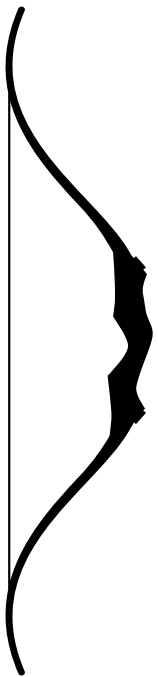


# **This training program is developed to teach the basics of archery and bowhunting safety. Complete this workbook to become a certified member.**

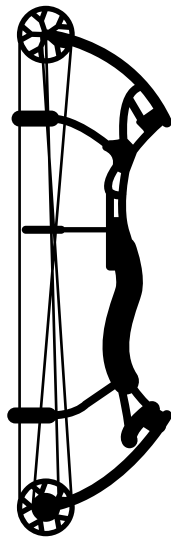
This workbook will go through the basics of archery, types of bows and equipment, how to use them, and safety for responsible hunting practices. The topics included are: Equipment, Safety Rules, Shooting Techniques, and Course Review. Complete these three steps, and you can receive an official North Carolina bowhunter patch and certification.

- 1** Learn types of archery equipment.
- 2** Learn the archery safety rules and shooting techniques.
- 3** Mail or email the completed review page of this workbook to receive your North Carolina Outdoor Heritage Advisory Council Achievement Patch and course completion document.

## **Types of Archery Equipment**



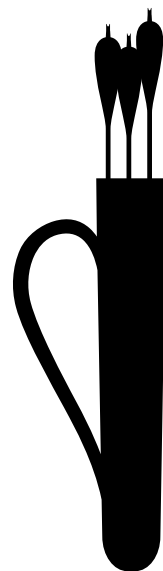
Recurve Bow



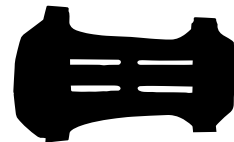
Compound Bow



Longbow



Arrow Quiver



Arm Guard

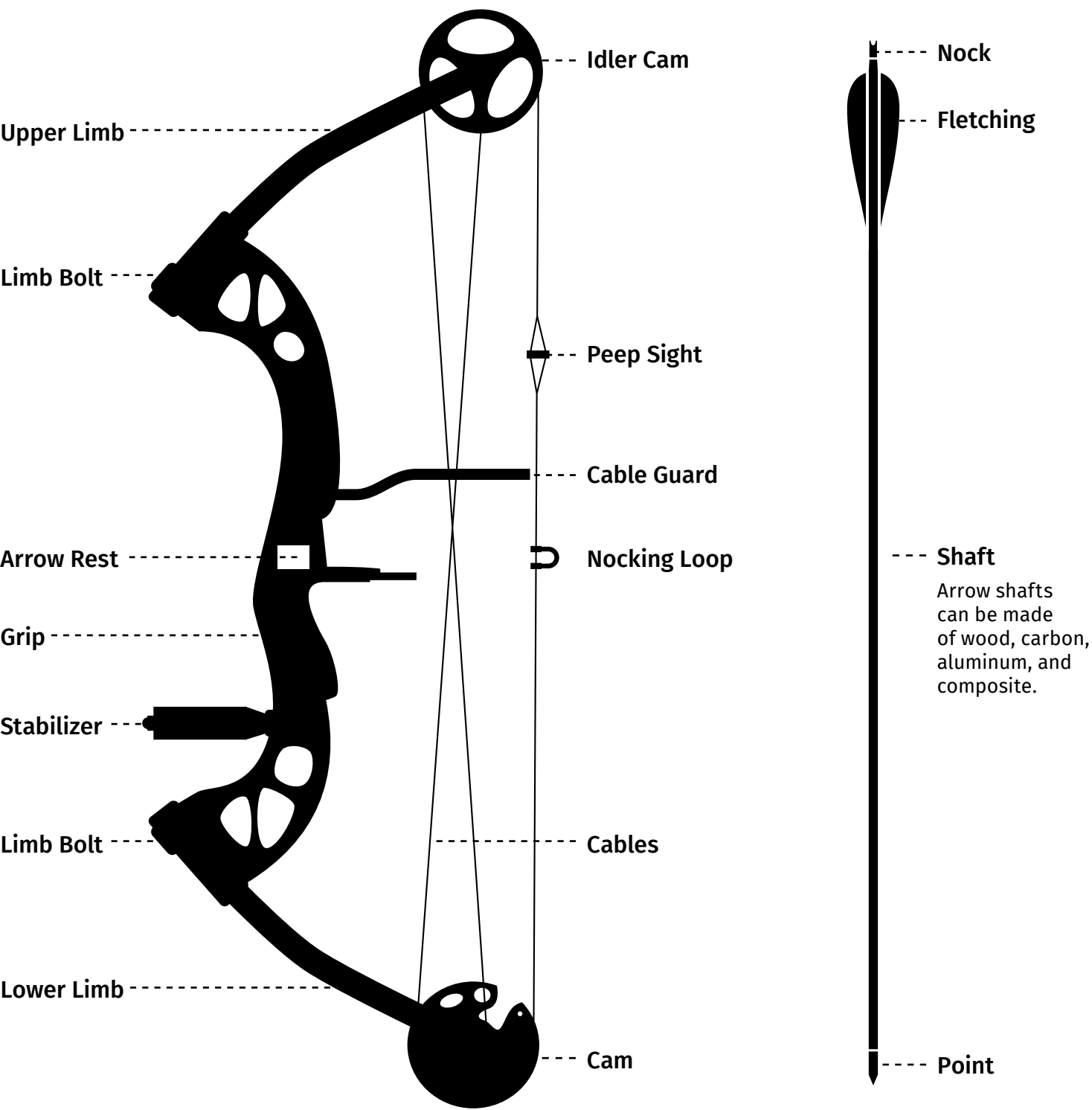


Mechanical Release



Finger Tab

# Diagram of Bow and Arrow



Bow Diagram

Arrow Diagram

# Archery Safety Rules – Follow At All Times

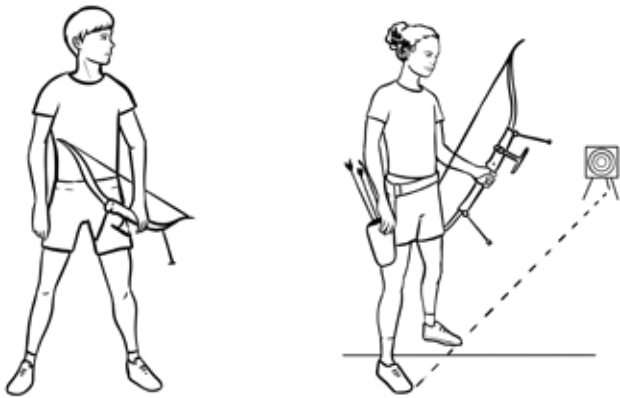
- 1** Follow the instructions of the range officer: Give attention and listen to the commands given. Ask questions if you do not understand what is said.
- 2** The instructor will ask you to reposition your safety equipment to prevent injury if the equipment is incorrectly positioned. If still incorrect, the instructor will ask you if the leader can reposition the equipment.
- 3** Always inspect your equipment before shooting: damaged equipment should be repaired or replaced to avoid injuries. Replace the bowstring whenever it becomes worn.
- 4** Always use arrows of the proper length for you: Arrows that are too short can cause injuries.
- 5** Wear snug fitting clothes, tie back long hair, remove large earrings, and clear off any pins or remove anything from chest pockets. Wear a chest protector as need.
- 6** Never DRY FIRE your bow: Always have an arrow on the string when shooting. DRY FIRING, or shooting a bow without an arrow, can seriously damage a bow.
- 7** POINT, DRAW, and AIM your arrow only in the direction of your target: The arrow must always be pointed down range.
- 8** Always aim and shoot only at targets on the range. Always be sure you know what your target is and that it is safe to shoot. If you're not sure, take a closer look. If you're still not sure, do not shoot. Be sure the area around and behind your target is clear before you shoot. Never shoot if there is a chance your arrow may ricochet from the target or another object and hit someone.
- 9** Place your bow in the bow rack once you have finished the end and stand behind the waiting line. This helps the other archers know your're finished shooting your arrows. Bows in a rack cannot accidentally be fired.
- 10** Always walk; never run, on the archery range. If you run, you might accidentally cross in front of another archer, step on arrows lying on the ground, or trip and fall into the target and be injured by arrows sticking out of it.

# SAFETY FIRST!

# 10 Steps of Good Shooting Technique

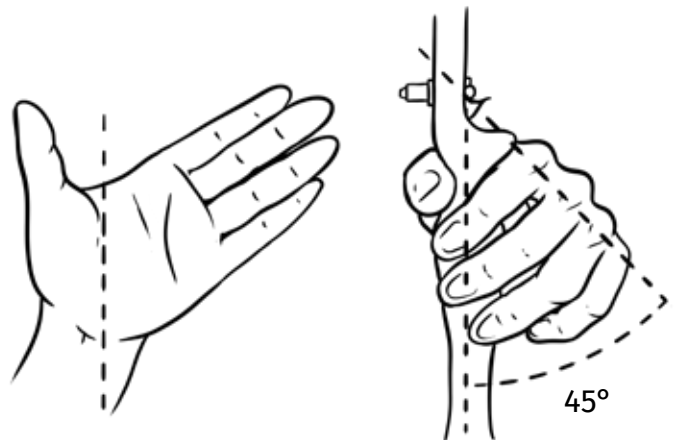
## 1 The Stance

Place your toes against an imaginary line that leads to the center of the target. Place your feet on either side of the shooting line. Keep your feet about shoulder width apart. Stay relaxed.



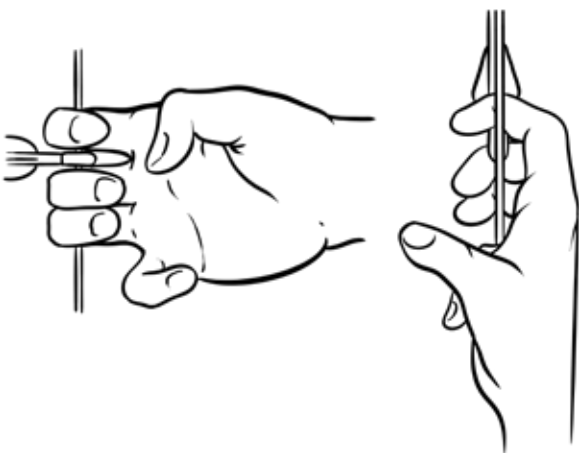
## 3 Setting the Bow Hand

The pressure of the bow hand must be collected with the heel of the hand on the bow along the pressure line. Relax your fingers. The top of the hand must be at an angle of approximately 45° degrees with the bow. Your thumb and index finger are allowed to touch each other.



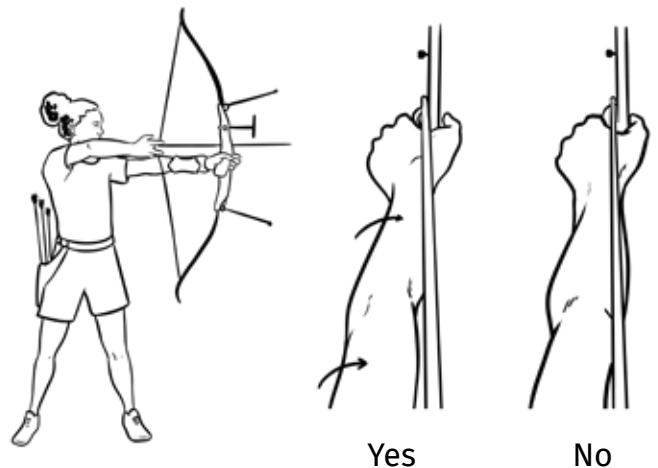
## 2 Finger Placement

The bowstring is held with the index finger above the arrow's nock and middle and ring fingers underneath. Hook the string between the first and second joint of the fingers. Try to avoid letting the bowstring slide from your fingers.



## 4 Stretching The Bow Arm

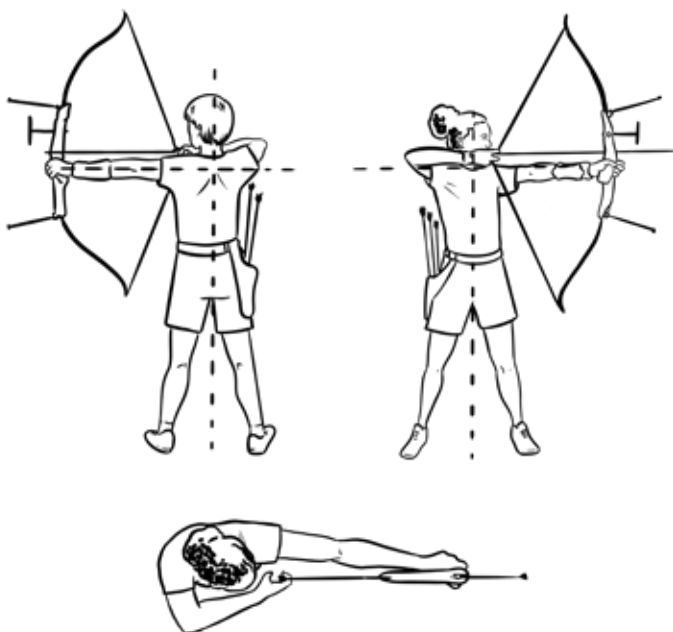
Bring the bow arm to shoulder height. The elbow of the bow arm should be turned away from the string. (This will help in avoiding bowstring slap.)



## 10 Steps of Good Shooting Technique *Continued*

### 5 Pulling Out the Bow

Pull the bowstring inline to the bow arm in a straight horizontal line to the anchor point. The pulling is done by using your back muscles, moving the shoulder blades together. Stay relaxed and upright. Keep both shoulders as low as possible.



### 7 Holding

Keep the back muscles under tension. Bow hand, draw hand and elbow should form a straight line. Keep both shoulders as low as possible.



### 6 Anchoring

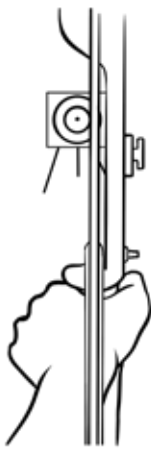
The string should touch the center of the nose and chin lightly. Your index finger of the drawing hand must be placed under the chin. Keep the teeth together while anchoring. Being consistent with this position will give more accurate results per shot.





## 8 Targeting

At full draw, find your target, use your dominant eye to focus on the target. (For example, if you shoot right-handed with a right dominant eye, close your left eye during the shot. And aim with the right eye.) Align the bowstring somewhat right to the target.



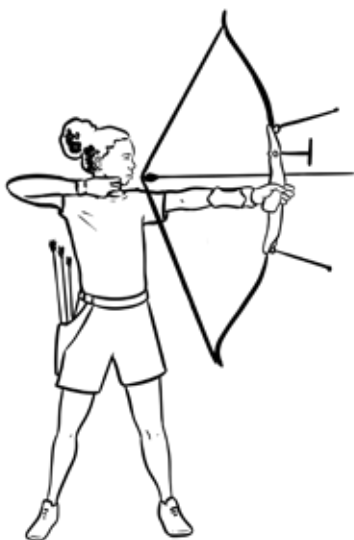
## 10 End Focusing

The drawing hand must relax and be positioned at or behind the neck. Keep aiming until the arrow has hit the target. Wait until all shooters have finished firing their arrows before collecting them.



## 9 Unloading

Pull the shoulder blades toward each other, while the fingers of the draw hand relax. A relaxed draw hand goes backward on its own. Relax the bow hand. Let the bow fall out of your hands ONLY if you have a bow sling.



## Let's Review – Take the Quiz, Get that Archery Patch

- 1** The first thing you should do before shooting archery is check your bow for damaged parts and worn string.  
☐ True  
☐ False
- 2** The one thing you should never do is dry fire your bow.  
☐ True  
☐ False
- 3** When you're finished shooting your bow, you should run to collect your arrows.  
☐ True  
☐ False
- 4** Arrows that are too short can cause injuries.  
☐ True  
☐ False
- 5** Never shoot if there is a chance your arrow may ricochet from the target or another object and hit someone.  
☐ True  
☐ False
- 6** Pull the string close to the bow arm in a straight horizontal line to the anchor point.  
☐ True  
☐ False
- 7** Your bow hand, draw hand and elbow should form a straight line.  
☐ True  
☐ False
- 8** Aim with your dominant eye and keep both eyes open when shooting your bow.  
☐ True  
☐ False
- 9** Let the bow fall out of your hands **ONLY** if you have a bow sling.  
☐ True  
☐ False
- 10** Lowering your bow or placing it in the range rack helps the other archers know you're finished shooting your arrows.  
☐ True  
☐ False

**Review what you've learned**

**Complete this review,  
and mail or email it to  
us to receive your  
official North Carolina  
Outdoor Heritage Archery  
Achievement Patch!**





## Let's Review – Take the Quiz, Get that Archery Patch *Continued*

I have completed all of the following requirements (check off as you complete them):

- ☐ Pass the North Carolina Hunter Safety Course. (Please submit a picture of your card or certificate showing you passed.)
- ☐ Read and complete the quiz in this North Carolina Hunter Safety Workbook.
- ☐ Submit pictures of patch recipient using a recurve bow, longbow and compound bow.

By signing this page, I confirm that I have learned the safe way to shoot archery. And I am ready to receive my patch. (Simply fill out this form, and mail or email it to the North Carolina Outdoor Advisory Council.)

### Patch Recipient's Information

Name of Recipient: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

I, the undersigned, acknowledge that this application was completed with true and accurate information. Additionally, all components to achieve the patch have been completed and all necessary documentation or pictures are included.

Signature of Instructor or Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Please return this completed workbook along with any additional supporting documentation that you would like included to:

**By Mail:**

North Carolina Outdoor  
Heritage Advisory Council  
1715 Mail Service Center  
Raleigh, NC 27699-1715

**By Email:**

Email a PDF or photo  
of this page to  
[info@ncoutdoorheritage.org](mailto:info@ncoutdoorheritage.org)

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